VANCOUVER metro®

NEWS WORTH SHARING.

U.S. abortion doctor guilty

Convicted of first-degree murder after killing live babies, doctor could face death penalty PAGE 8

Hadfield back from the stars

Canadian astronaut lands in Kazakhstan after a 5-month mission to the International Space Station PAGE 6

All dogs are created equal

Animal-control bylaws that target pit bulls and other "vicious" breeds are rapidly disappearing PAGE 4

DECISION DAY

BRITISH COLUMBIANS HEAD TO THE POLLS. CAN PREMIER CHRISTY CLARK CLING TO POWER OR WILL THE PROVINCE PUT THE NDP BACK IN CHARGE UNDER LEADER ADRIAN DIX? PAGE 3

Karl Lilgert, navigator of the Queen of the North, leaves the law courts in Vancouver on Monday after being found guilty. His lawyer has indicated he's considering an appeal. JUSTIN TANG/THE CANADIAN PRESS

Ferry officer unrepentant after verdict

Guilty of criminal negligence. Real story still untold, says brother of man presumed dead

Unsatisfied

"That's all we wanted as family members: What the heck went wrong? Why did this happen?"

George Foisy, brother of Gerald Foisy, who is presumed dead

Seven years after a B.C. passenger ferry hit an island and sank, presumably killing Gerald Foisy and his common-law wife Shirley Rosette, a jury has decided the crew member in charge of navigating the ship is responsible for their deaths.

But Foisy's family wanted more than a guilty verdict. They wanted the crew member, Karl Lilgert, to admit it was his fault, to take responsibility for went wrong.

And after all this time, he hasn't done that.

"As far as I know, I don't think he's told the truth," George Foisy, Gerald's brother, said Monday.

Lilgert, 59, was convicted Monday of two counts of criminal negligence causing death. He showed little emotion as the jury found him guilty of the most serious charges available to them.

He is scheduled to be sentenced on June 21, though his lawyer has already indicated he's considering an appeal.

The maximum sentence for criminal negligence causing death is life, though maximum sentences are rarely imposed.

Earlier in the day, after six days of deliberations, the jurors returned with two questions relating to whether Lilgert was directly responsible for the missing passengers' deaths. They asked to what level they must believe Lilgert contributed to the deaths to convict him and whether they could consider factors that might reduce his culpability.

Roughly two hours later, they informed the court they had reached a verdict.

THE CANADIAN PRESS

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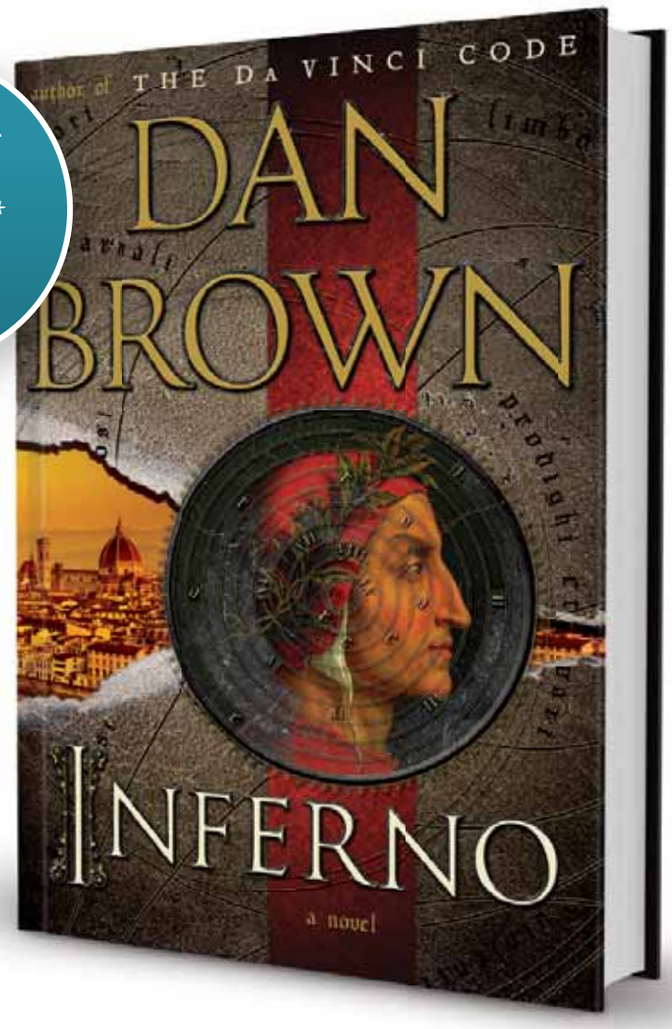

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B.C. NDP Leader Adrian Dix gives his wife, Renee Saklikar, a kiss as they make a campaign stop in Courtenay on Monday, while Liberal Leader Christy Clark plays basketball with her son Hamish Marrisen-Clark, 11, on the tarmac at Victoria International Airport. LEFT: JONATHAN HAYWARD/THE CANADIAN PRESS; RIGHT: DARRYL DYCK/THE CANADIAN PRESS

Leaders set the tone for election

Polls open. Observers ponder comebacks, missteps as they review rival approaches to campaigning

MATT KIELTYKA
matt.kieltyka@metronews.ca

All eyes were on Christy Clark and Adrian Dix Monday as they crisscrossed the province one last time before the election.

The truth is, British Columbians never took their eyes off them during a campaign where the Liberal and NDP leaders took centre stage.

"This election has been primarily about the leaders," said Simon Fraser University political scientist Marjorie Cohen. "The tone has been set by them. We've had little chance to see what individual candidates have had to say."

The question of who will be the best fit for premier after May 14 will be a major factor as people head to the polls.

The way the two have run their campaigns could not have been any different.

Cohen said Clark has hammered home a "narrow, insistent and repeatable" message that the Liberals are best suited to deal with the economy, while relentlessly scaring voters with memories of the NDP's spectacular fall from power in the 1990s.

The onslaught has worked, with the Liberals recently closing the gap to just nine points, according to an Angus Reid poll released Saturday.

And an Ipsos Reid poll has the NDP lead at just six points.

Considering the enormous unpopularity of the scandal-laden Liberal party at the beginning of the election, both Cohen and SFU marketing expert Lindsey Meredith credit Clark for running an "amazing" comeback campaign.

"(The Liberals) were like the Titanic on the way in," said Meredith. "But they came out early and hard against the NDP. She's reduced the spread from 20 points down to seven or so. You have to give her credit for that."

Dix, on the other hand, has focused on the issues — and very little else — earlier in the campaign and refused to get involved with negative campaigning until recently.

In light of the polls, Meredith says Dix should have attacked the Liberals' record — on the HST, BC Rail and other scandals — much earlier.

"It's OK to run negative advertising — just make sure it's focused on issues and not personal," he said. "But Dix has done a good job of not getting into a slugfest. Their strategy has been about keeping their mouth shut while the Liberals were behind the eight ball."

Despite Clark's spirited campaigning, both Cohen and Meredith see the NDP forming government once all is said and done.

"I'm thinking the poll results are artificially tight," said Meredith. "Basically people are looking for the candidate that will hurt them the least. The sleeper there could be that there's a lot more antagonism against the Liberals' handling of (the) HST."

"The voters are facing the continuation of the Liberals," said Cohen. "They've been in power since 2001. That's a long time for a political party, especially one that's been unpopular at the end and at points in the middle. Voters do have choices in this election; it's not like the leaders have been saying all the same things."

Going the distance for votes

The long road to Victoria

Christy Clark and Adrian Dix made 24 stops between the two of them during the final day of the campaign.

It's the culmination of a long and arduous road that began when the legislature was dissolved and the election writ was dropped April 16.

In that time, the Liberal leader made 84 stops while Dix was slated to hit the century mark early Tuesday morning at the end of a 24-hour, 14-stop marathon tour.

It's up to voters now to see which one will end their journey as premier.

MATT KIELTYKA/METRO

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Blackcomb Mountain. Daughter and father killed when boulder fell on tent

A 10-year-old girl and her 49-year-old dad were killed when a large boulder fell on their tent while they were camping on Blackcomb Mountain this weekend, according to Whistler RCMP.

The North Vancouver pair went up the mountain for an overnight ski and camping trip on Saturday, Whistler RCMP Sgt. Rob Knapton said in a statement.

When they didn't return as scheduled by Sunday evening, police were alerted. Search-and-rescue teams were sent out from about 7 to 11 p.m. before it was suspended for the night for safety reasons. Whistler, Squamish, Pemberton and Lions Bay rescue teams continued the search Monday morning at 6:30 a.m.

But at about 11:30 a.m., rescuers located a tent at the base of a rock face above an area known as the Windlip.

"From our investigation it appears that a large boulder fell from the rock face at some point, landing on the tent with both occupants inside and killing them both," Knapton said.

Police are not releasing the names of the deceased at this time.

EMILY JACKSON/METRO

Quoted

"From our investigation it appears that a large boulder fell from the rock face at some point, landing on the tent with both occupants inside and killing them both."

Whistler RCMP Sgt. Rob Knapton in a statement on the incident

Online

For more local news go to metronews.ca

Vicious breed list bites dust

April Farr, executive director of HugABull Advocacy and Rescue Society, with her pit bull Chica. SUBMITTED/HUGABULL

Rethink. Most of Lower Mainland moving to breed-neutral legislation, instead of focusing on certain breeds such as pit bulls and Cane Corsos

Local governments are starting to see pit bulls in a kinder light.

Breed lists within animal control bylaws that target pit bulls and other "vicious" dog breeds, requiring them to be penned and muzzled, are rapidly disappearing from the Lower Mainland and being replaced with legislation that puts the responsibility on pet owners.

The City of New Westminster reviewed a proposed change to its animal control bylaw Monday, which would omit the current vicious breed list. The list deems 10 breeds, including pit bulls and Cane Corsos, as vicious and requires them to wear muzzles and leashes when they're not penned up or indoors.

The proposed bylaw also gives more power to animal control officers to take action against any vicious dog — or neglectful owner — before any damage is done.

April Fahr, executive director of HugABull Advocacy and Rescue Society, lives in New Westminster and has been advocating to have breed-specific lists abolished for years.

She said she has seen a trend in the Lower Mainland in the last few years, with Delta, Coquitlam and Vancouver reversing bylaws that target certain breeds of dogs.

Burnaby and Richmond currently have legislation surrounding certain types of dogs, but most of the Lower Mainland now has breed-neutral legislation.

CARA MCKENNA/THE CANADIAN PRESS, EXCLUSIVELY FOR METRO

Quoted

"The differences between breeds are pretty minimal ... the statistics show us that all breeds can, and do, bite."

April Fahr, executive director of HugABull Advocacy and Rescue Society

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Stanley needs 200K to kick off 125th

Party in the park.
Board hopes to honour national historic site with a lavish bash in the grass

EMILY JACKSON
emily.jackson@metronews.ca

Does the second most beautiful park in the world deserve a $200,000, two-day birthday party?

Vancouver's park board wants to throw a celebration for Stanley Park's 125th anniversary on Aug. 24 and 25 and has requested money from the city's innovation fund for artist and performance fees, staging and staff.

Stanley Park, which was voted one of the world's top parks earlier this month for its seawall, totem poles and forest, officially opened on Sept. 27, 1888.

The federal government gave it "national historic site" status for its centennial celebrations.

The event will include a focus on the aboriginal history of the park located on traditional Coast Salish territories, as well as its ecology and modern role in the city. Local First Nations have already expressed interest in participating through on-site carving and storytelling.

Stanley Park, officially opened in 1888, has long been considered one of Vancouver's favourite destinations for tourists and locals alike. KATE WEBB/METRO

Stanley Park Brewery will also pay $200,000 as one of the event's main sponsors, along with $90,500 from Canadian Heritage. Brand. LIVE will run the festivities, including two licensed areas to serve up the brewery's suds.

City council will vote whether to grant the cash later this week.

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Gruesome discovery

Body found in net washed away

A man fishing on B.C.'s Fraser River snagged a body in his net over the weekend, but before the net could be hauled in, the body slipped away.

The RCMP say a First Nation fisherman had placed his net in the river near Chilliwack Friday and when he checked it Saturday morning he saw a partially submerged body before the remains broke free of the netting in the fast-flowing river.

THE CANADIAN PRESS

Flood watch issued along Fraser River

The flood threat is growing all along the Fraser River, from the centre of the province to Metro Vancouver.

The B.C. River Forecast Centre has issued a flood watch for the river at Prince George and north, and a high-water advisory for south of Prince George through the Fraser Canyon to the coast.

Recent heat and rain have combined to cause a rapid snowmelt that has swollen the river.

The centre says levels on the Upper Fraser River are expected to continue to rise sharply through Tuesday and Wednesday if rain is heavy in the region, while peak levels may be reached on the lower Fraser River on Friday or Saturday.

Meanwhile, the centre is maintaining a flood watch for the Birkenhead River near Pemberton and high streamflow advisory for those near the Squamish and Lillooet rivers and tributary creeks through the Sea-to-Sky corridor and Pemberton Valley. THE CANADIAN PRESS

Canadian astronaut Chris Hadfield plays in the first music video from space, a cover of David Bowie's Space Oddity. CHRIS HADFIELD, NASA/THE ASSOCIATED PRESS

Singing spaceman back on terra firma

Touchdown. Astronaut Chris Hadfield puts out first music video made in space prior to return

Astronaut Chris Hadfield returned to Earth Monday night after a five-month mission at the International Space Station that saw him become the first Canadian to command the orbiting laboratory.

The 53-year-old touched down in Kazakhstan on a Russian Soyuz capsule, which was also carrying cosmonaut Roman Romanenko and NASA astronaut Tom Marshburn — the same pair Hadfield blasted off with on Dec. 19, 2012.

The journey was Hadfield's first return space flight inside the cramped Russian space capsule. The craft tore into the atmosphere before a parachute opened, slowing its descent until it hit the ground at 7:31 p.m. PDT.

Rescue teams moved quickly to help the crew in their bulky spacesuits get out through the narrow exit hatch. They were then put into reclining chairs to start adjusting to Earth's gravity.

The three astronauts smiled as they chatted with space agency officials and doctors. They then made quick phone calls to family members and friends.

In a statement issued after the landing, Prime Minister Stephen Harper said the astronaut has done an "absolutely remarkable job.... His highly effective use of social media has brought the miracle of space travel home to ... the entire world."

During his stay in space, Hadfield became a bit of an extraplanetary star. He tweeted photos, talked to schoolchildren, strummed his guitar and provided videos about daily life on the station.

In a high-flying first, Hadfield said his farewell to the station with a music video: his own custom version of David Bowie's Space Oddity.

It's believed to be the first music video made in space, according to NASA.

While Hadfield will be remembered most for the photography and music, his main task was performing experiments, examining changes to the spine, bone density and nutrition in space.

This trip is, in a sense, the end of an era for the Canadian space program. Now that Hadfield has landed, it will be at least three years before the next Canadian visits the space station. THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Online

A bitter-tweet goodbye

Chris Hadfield @Cmdr_Hadfield
Spaceflight finale: To some this may look like a sunset. But it's a new dawn. pic.twitter.com/WgyUihqEN
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By the numbers

850K Chris Hadfield has more than 850,000 Twitter followers.

5,330 In 1992, Hadfield was selected to become one of four new Canadian astronauts from a field of 5,330 applicants.

100 Hadfield was involved in more than 100 science experiments since he arrived on Dec. 19.

5 On March 13, Hadfield became the first Canadian to command the space station during the last part of his five-month stay.

Rehtaeh Parsons. Goals, methods set for review of school board's actions

The panellists reviewing how the Halifax Regional School Board handled the Rehtaeh Parsons case said they will not "name names" but hope to make policy recommendations to "prevent something like this from ever happening again."

Panellists Debra Pepler and Penny Milton released the interim report Monday, which outlines their methods and goals for the review.

Parsons, 17, took her own life in early April, two years after she was allegedly gangraped and then bullied over a photo of the incident.

Milton said the panel will attempt to answer 10 questions related to policies, training and guidelines respecting bullying, cyberbullying and sexual violence.

In order for people to be as open as possible, all interviews will be anonymous.

Rehtaeh Parsons FACEBOOK.COM

"We ... (are) looking at the issues from all the different vantage points ... and we want to hear the complexity of their experience," said Milton, a former CEO of the Canadian Education Association.

The review will not establish the facts of Parson's case because of the current police investigation.

"That's not the core of our mandate," Milton said.

HALEY RYAN/METRO IN HALIFAX

Depression. Doctors told regular screening may do more harm than good

Family doctors are being advised against routine screening for depression among patients who have an average risk of the mental health disorder or no apparent symptoms.

The Canadian Task Force on Preventive Health Care issued the updated guideline Monday, saying there is little evidence in the medical literature to support routine screening of all patients and suggesting it could do harm in some cases.

Dr. Michel Joffres, chair of the task force's depression-guideline working group, said mass screening could lead to patients feeling stigmatized or labelled, and some being misdiagnosed and unnecessarily treated. THE CANADIAN PRESS

Benefit not proven

"The task force places a high value on clear evidence — and we don't have it."

Dr. Michel Joffres of the Canadian Task Force on Preventive Health Care and professor of health sciences at Simon Fraser University

Beheaded, ate victim

Greyhound killer set for more liberty

A man who beheaded and cannibalized a man on a Greyhound bus in Manitoba is likely to get more privileges soon — something his victim's mother says should never happen.

Vince Li, 45, has stopped having hallucinations, has been a model patient and is ready for more escorted passes into the community, his psychiatrist said Monday. THE CANADIAN PRESS

Immune to antibiotics

Rate of superbugs 'substantial': Study

About one in 12 adults in hospitals across Canada are either carrying or infected with a superbug, the first national survey on the prevalence of antibiotic-resistant organisms has found.

Canada has a lower prevalence of cases than the U.S., but the rates exceed those in such countries as Sweden and Denmark. THE CANADIAN PRESS

Bugs can help fight hunger: UN food agency

Feed the world. Certain beetles, ants, crickets and grasshoppers come close to lean red meat in protein per gram

A plate of insects at a cuisine competition in Laos. THE ASSOCIATED PRESS

The UN has new weapons to fight hunger, boost nutrition and reduce pollution — edible insects.

The Food and Agriculture Organization on Monday hailed the likes of grasshoppers, ants and other members of the insect world as an underutilized food for people, livestock and pets.

A report, released at the UN agency's Rome headquarters, says two billion people worldwide already supplement their diets with insects, which are high in protein and minerals.

Insects are "extremely efficient" in converting feed into edible meat, the agency said.

Most insects are also likely to produce fewer environmentally harmful greenhouse gases. THE ASSOCIATED PRESS

But are they tasty?

Insect farming is "one of the many ways to address food and feed security," the UN food agency said.

- The agency noted that it is also examining the food potential of arachnids, such as spiders and scorpions.
- Insects can be rich in copper, iron, magnesium, manganese, zinc and fibre.

Beehives stolen

Thief knows honey biz: Cops

Kawartha Lakes police are investigating the theft of beehives from a honey producer near Lindsay, Ont., northeast of Toronto.

Eight hives worth $1,600 disappeared last week. Police said someone familiar with the industry is likely responsible.

THE CANADIAN PRESS

Bees tend to honeycomb cells. THE ASSOCIATED PRESS

Just politics?

White House files morning-after pill appeal

The Obama administration on Monday filed a last-minute appeal to delay the sale of the morning-after contraceptive pill to girls of any age without a prescription.

The appeal asked a court to postpone a federal judge's ruling that eliminated age limits on the pill while the government appeals that overall decision.

District Court Judge Edward Korman has said that politics was behind efforts by Secretary of Health Kathleen Sebelius to block the unrestricted sale of the morning-after pill and generic competitors. He ordered that the pill be made available without prescription and without age restrictions.

THE ASSOCIATED PRESS

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Colorado shootings. Holmes asks for insanity plea

The suspect in the deadly Colorado cinema shootings asked a judge Monday to enter a plea of not guilty by reason of insanity, a move that is widely seen as James Holmes' best hope of avoiding the death penalty.

Holmes is charged with murder and attempted murder in the July 20 attack in Aurora that killed 12 and injured 70.

Attorney Daniel King made the request in court, saying attorneys now have a diagnosis for James Holmes. He didn't specify what it was.

The judge was expected to decide whether to accept a new plea sometime before a May 31 hearing.

THE ASSOCIATED PRESS

Life and death

The insanity plea carries risks for both sides.

- Holmes will have to submit to a mental evaluation by state-employed doctors, and prosecutors can use findings against him. If acquitted, Holmes would be committed to the state mental hospital indefinitely.

Mother's Day shooting. Police identify New Orleans man as suspect

Police late Monday identified a 19-year-old man as a suspect in the shooting of about 20 people during a Mother's Day parade in New Orleans, saying several people had identified him as the gunman captured by surveillance camera videos.

Superintendent Ronal Serpas said officers were looking for Akein Scott of New Orleans. He said it was too early to say whether he was the only shooter.

"We would like to remind the community and Akein Scott that the time has come for him to turn himself in," Serpas said at a news conference outside of police headquarters. A photo of Scott hung from a podium in front of the police chief.

"We know more about you than you think we know," he said. The mass shooting showed again how far the city has to go to shake a persistent culture of violence that belies the city's festive image.

Earlier, police announced a $10,000 reward and released blurry surveillance camera images, which led to several tips from the community.

"The people today chose to be on the side of the young innocent children who were shot and not on the side of a coward who shot into the crowd," Serpas said.

The superintendent said SWAT team members and U.S. marshals served a search warrant at one location looking for Scott, and also visited two other blocks of interest.

He vowed that police would be "looking for Akein Scott for the rest of the night and tomorrow ... and I would strongly recommend that Akein turn himself in."

THE ASSOCIATED PRESS

'Are you human?': Abortion doctor found guilty of murder

Dr. Kermit Gosnell, pictured here in a March 2010 photo, was found guilty on Monday of killing three infants born alive during late-term abortions at his Philadelphia clinic. THE ASSOCIATED PRESS FILE

House of horrors. Dr. Kermit Gosnell may face death penalty

A Philadelphia abortion doctor was found guilty Monday of first-degree murder and could face execution in the deaths of three babies who authorities say were delivered alive and then killed with scissors at his grimy clinic, in a case that became a flashpoint in America's debate over abortion.

Dr. Kermit Gosnell, 72, was also found guilty of involuntary manslaughter in the drug-overdose death of a patient who had undergone an abortion.

He was cleared in the death of a fourth baby, who prosecutors say let out a soft whimper before he snipped its neck. The jury will return May 21 to hear evidence on whether Gosnell should get the death penalty.

Former clinic employees testified that Gosnell routinely performed illegal late-term abortions past Pennsylvania's 24-week limit, that he delivered babies who were still moving, whimpering or breathing, and that he and his assistants "snipped" the newborns' spines, as he referred to it.

"Are you human?" prosecutor Ed Cameron snarled during closing arguments as Gosnell sat calmly at the defence table. "To med these women up and stick knives in the backs of babies?"

The grisly details came out more than two years ago during an investigation of prescription drug trafficking at Gosnell's clinic in an impoverished section of west Philadelphia.

THE ASSOCIATED PRESS

Grisly details

"He created an assembly line with no regard for these women whatsoever."

Prosecutor Ed Cameron, on abortion doctor Kermit Gosnell during the trial's closing arguments.

Cleveland abduction. City, neighbourhood divided on whether to demolish or preserve suspect's house

An imposing privacy fence has been erected to guard the home of rape and kidnapping suspect Ariel Castro, with windows and doors boarded shut to keep people out of the place that police say was once meant only to keep people in.

Patrol cars were still parked across the entrances to the block on Monday to keep away onlookers. The fence is 10 feet (3.05 meters) tall.

The run-down house has become a two-storey piece of evidence in the abduction and imprisonment case of three women, but neighbours who remain shaken by the horrors that allegedly took place inside want it torn down and erased from the landscape of Seymour Avenue.

"The girls that were in that house, when they ride by there, if they ever ride by there again, they won't have to see that, to remind them or maybe scare them," said Johnny Wright, 54, who can see the back of the house from his front door.

Cleveland officials want to keep this house— where three women were allegedly held captive — intact for evidence. TONY DEJAK/THE ASSOCIATED PRESS

The house and what becomes of it will be a daily talking point for the neighbourhood as city officials deal with the irony of keeping the dreaded site of the women's imprisonment safe while neighbours almost uniformly want it torn down.

THE ASSOCIATED PRESS

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Brazil's booming auto market rife with unsafe cars

Sao Paulo. Thousands die yearly in accidents that frequently should not have proven fatal

The cars roll endlessly off the local assembly lines of the industry's biggest automakers, more than 10,000 a day, into the eager hands of Brazil's new middle class. The shiny new Fords, Fiats, and Chevrolets tell the tale of an economy in full bloom that now boasts the fourth largest auto market in the world.

What happens once those vehicles hit the streets, however, is shaping up as a national tragedy, experts say, with thousands of Brazilians dying every year in auto accidents that in many cases shouldn't have proven fatal.

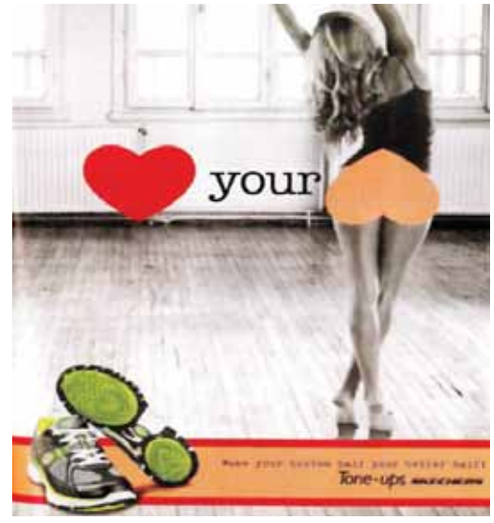
This 2011 photo released by Proteste, a consumer defence group, shows a crash test on a Chevrolet Celta vehicle in Brazil. PROTESTE/THE ASSOCIATED PRESS

The culprits are the cars themselves, produced with weaker welds, scant safety features and inferior materials compared to similar models manufactured for U.S. and European consumers, say experts and engineers inside the industry. Four of Brazil's five bestselling cars failed their independent crash tests.

Unsafe cars, coupled with the South American nation's often dangerous driving conditions, have resulted in a Brazilian death rate from passenger car accidents that is nearly four times that of the United States, according to an Associated Press analysis of Brazilian Health Ministry data on deaths compared to the size of each country's car fleet.

In fact, the two countries are moving in opposite directions on survival rates — the U.S. recorded 40 per cent fewer fatalities from car wrecks in 2010 compared with a decade before. In Brazil, the number killed rose 72 per cent, according to the latest available data.

THE ASSOCIATED PRESS



Sketchy claims cost $40M

A federal judge in the U.S. has approved a $40 million US class-action settlement between Skechers USA Inc. and consumers who bought toning shoes after ads — such as the one pictured above — made unfounded claims that the footwear would help people lose weight and strengthen muscles. U.S. District Judge Thomas B. Russell approved the deal Monday in Louisville, Ky. The agreement involves the company's Shape-ups, Resistance Runner, Podded Sole and Tone-ups shoes. FEDERAL TRADE COMMISSION/THE ASSOCIATED PRESS

Florida

BlackBerry Live kicks off in Orlando

BlackBerry will pull out all the stops this week as the firm welcomes thousands of industry players for BlackBerry Live, its annual three-day conference. CEO Thorsten Heins will take the stage Tuesday to deliver a speech that could reveal a lower-priced version of its latest phone and some clues about whether the company plans to abandon tablet technology forever.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.91¢ (+0.02¢)

TSX 12,529.55 (-59.54)

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Jessica Napier
metronews.ca

From the cherry blossom trees lining the streets of Vancouver to Ottawa's brightly coloured tulips, the country is truly in bloom. Unfortunately for some of us, the pleasures of springtime are obstructed from view as we spend most of the season with our faces buried in a handful of tissue.

Seasonal allergies aren't exactly a high-profile disease; there's no colourful ribbon campaign for hay fever and no celebrity spokesperson to offer tips on overcoming itching, watering eyes. Telling someone you have allergies usually garners the same amount of sympathy as mentioning you have a nasty paper cut. And yet, for a few weeks of the year allergies are so much more than a minor annoyance — they are a totally life-ruining experience.

Thirty per cent of Canadians test positive to one or more allergens, which means there are plenty of us loading up on a potent cocktail of antihistamines, eye drops and triple-shot lattes just to make it out the door in the morning. Record-breaking precipitation throughout the winter and high levels of carbon dioxide in the air are nurturing pollen-producing trees and plants across the country. Increased moisture and delayed springtime temperatures have caused airborne pollen counts to skyrocket, which is making this allergy season (like every one before) feel like the Worst. Year. Ever.

My annual springtime ritual involves bookmarking the Weather Network's online pollen forecast, barricading my apartment windows and waiting desperately for the heat of summer to arrive. I occasionally leave my cocoon of isolation to trek to the drugstore, where I spend obscene amounts of money on antihistamines in the hopes that maybe this year someone has developed a new formula that actually works. Over-the-counter medications are costly and usually ineffective but I won't deny that I enjoy the sedating and mildly addictive feelings of drowsiness that come with a heavy dose of nighttime medication.

But could there be a silver lining to these weeks of allergy-related anguish?

Some scientists purport that allergic reactions have evolved over the years as a way for our bodies to expel germs, carcinogens and other harmful toxins. The symptoms of typical pollen allergies — repetitious sneezing, runny noses and the unrelenting sensation of wanting to claw your eyes out — might actually be the body's way of protecting itself against potentially mutation-causing environmental contaminants. Numerous studies have linked allergy sufferers to reduced rates of various types of cancer — including ovarian, lung, skin, throat and intestinal cancers.

A sensitive body that's constantly on the defensive might not be such a bad thing. Despite our weak exteriors, those of us made miserable by seasonal allergies are actually stronger in some ways than the average person — even if a bunch of brightly coloured flowers can reduce us to a teary, snivelling mess.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

A fish's final moment

DR. ANDREW LEE/SOLENT NEWS

I'm going to bite you now

This cormorant bird does its own fishing by waiting patiently before pouncing to catch a rainbow trout in its bill.

The two animals even appear to look each other straight in the eye before the bird enjoys its lunch. Amateur photographer Andrew Lee captured this moment at El Dorado Regional Park in Long Beach, Calif.

The photographer recalls the bittersweet moment when he captured this unique image of the natural world.

"I felt a little sad for the fish, but I took comfort in knowing that I would be able to tell a story of the fish's final moment," says Lee.

"I hope that the photograph shows the viewer the daily struggle of the hunter and the hunted." METRO

Lunch

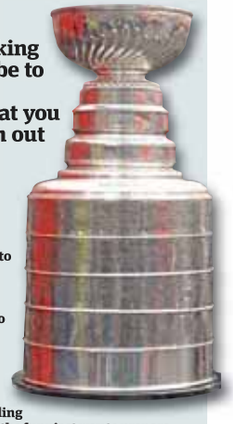
"It happened in a split second. The bird was able to grab the trout before the fish disappeared into the lake. I was surprised with how big the fish was and wondered if the bird would be able to swallow it — and it did."

Andrew Lee, pricing and portfolio manager and amateur photographer, from Irvine, Calif.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The first round of the Stanley Cup playoffs is behind us, making this the perfect day to subscribe to some puck-talk podcasts for fearless playoff predictions that you can later mock when they turn out to be horribly wrong.



Marek vs. Wyshynski

Anchored by the absurd enthusiasm of Greg Wyshynski and the absurdly encyclopedic knowledge of Jeff Marek, and buoyed by regular features like Game Show Friday, MvsW manages to keep a metric ton of hockey talk fairly breezy.

Backhand Shelf

The audio arm of The Score's hockey blog tends to the stats-heavy side of things, which is always a fun way to confirm your own biases.

Tim And Sid

OK, so this one is cheating since it's not strictly hockey and it's not at all a podcast. But downloading this Toronto duo's afternoon radio show is easily the funniest way to prepare yourself for emergency sports conversations. Give yourself a week to acclimate to the inside jokes.

Comments

RE: Hard Drugs Offer Hope In Mental Health Crises, published May 9

Speaking as someone who works in harm reduction, calling mushrooms, LSD, and MDMA 'hard' drugs is pretty laughable.

I had a very interesting conversation with one of the foremost drug policy experts in the world on exactly this subject — the war on drugs is preventing us from pursuing therapies that offer real hope to countless people who suffer horribly from mental illness.

Cameron Reid posted to metronews.ca

I'm guessing it would be a limited use type of thing, surely no one would want to be off the planet constantly, but if they can take the good and leave the bad and come back with a new perspective on their problems then maybe that is all that is needed for people to move forward.

Why on Earth are mushrooms hard drugs? Isn't it a natural medicine that has been used for thousands of years?

Patrick Cameron posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Power to the people. You, the consumer and producer, are in the driver's seat as the entertainment industry shifts gears

ELISABETH BRAW
Metro World News

More people are tossing their remotes and reaching for their tablets. ISTOCK

Watching shows on your tablet while your TV set is collecting dust? Producing short videos yourself? You're not alone.

Entertainment is changing so rapidly that TV may soon be passé. Netflix has its own TV show (online). Amazon is planning to launch online entertainment. YouTube already has over one billion clicks per month and is rumoured to be planning the launch of a subscription service for several top channels.

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment," explains Aymar Jean Christian, a professor of media, technology and society at Northwestern University in Illinois. "People like content that's geared toward them. For example, there's no TV show for gamers because they're a niche audience, but on the Internet there are show channels geared toward them."

And we're migrating to smaller devices, too. "Entertainment is expanding from laptops and tablets to phones," observes Alexander Halavais, president of the Association of Internet Researchers. "You can already watch full-length movies on your phone. But most people don't, so this has created a new genre: something between movie and still images."

The Vine and Keek apps allow users to make six-second videos by splicing together several images.

Smartphones with their built-in cameras, which can be directed toward the user more easily than cameras, will accelerate the citizen-producer boom. This me-focused, self-produced entertainment for niche audience is chipping at the near-monopoly of professionally made shows for a general public.

Notes Halavais: "People are at an event, capture the event with their camera phones and then turn the camera to themselves to show their reaction. You could say, 'Why would it be interesting to see people's reaction to an event?' but that's the same thing many of us said when Twitter was born..."

Viewers are becoming involved with TV shows, too, submitting plot ideas and even funding films, as was the case with the Veronica Mars movie. And there will always be a niche for professionally-made shows. Observes Prof. Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University: "Many of my students don't even have a TV set in their homes — they watch shows online. But TV isn't dead just because the distribution has changed."

ON WEDNESDAY METRO TALKS TO YOUTUBE BOSS ROBERT KYNCL ABOUT THE FUTURE OF ENTERTAINMENT.

Sports. Online streaming embraced by legit sites

Every week, millions of people enjoy live sports on their favorite screen – and don't pay a dime for it. That's because thousands of websites, often hosted in countries with a weak rule of law, illegally stream sports events. Teams and legal TV and web channels aggressively go after the websites: Britain's Premier League reports shutting down more than 30,000 sites last season.

But as soon as one website is shut down, another one pops up. And viewers don't seem to mind the shows' often inferior broadcast quality: after all, they pay nothing. Now sports channel ESPN has embraced the trend, offering free streams on its website.

MWN

Netflix series. Old product, new delivery

House of Cards, Netflix's hit drama series, is streamed online, but with its traditional structure, it looks just like prime-time TV fare. This is the entertainment of the future. The show is based on consumer input. "Netflix chose Kevin Spacey for the lead role because they had surveyed their viewers and knew that he was popular," says Prof. Aymar Jean Christian, of Northwestern University.

"They monitor how we watch, when we pause a film, which episodes we watch," says Chuck Tryon, author of new book On-Demand Culture: Digital Delivery and the Future of Movies. "It has the potential of serving as a test-screening."

MWN

Kevin Spacey was chosen for House of Cards because he appealed to viewers. HANDOUT

Three companies to watch

These companies are pushing the boundaries of entertainment. Are you using their services and apps yet?

- **Twitch: Online gaming ESPN-style.** On the platform Twitch, more than 30 million users every month play electronic games — but they also broadcast their own games and instant message with each other. Imagine TV sports channel ESPN combined with gaming and social media. "This is really entertainment," explains co-founder Emmett Shear, 29. "And it's as much social media. On any given day, over two million users exchange chat messages."
- **Earbits: Spotify for garage bands.** Say you're a new band, you can't afford to advertise or pay for an agent. There's an app for that — Earbits, a platform for music artists. "Consumers can find new music and the industry can find customers," CEO/founder Joey Flores tells Metro. "Users share things and follow bands from the platform."
- **Vine & Keek: Top sites for social videos.** Social video is the new Twitter. Indeed, Twitter has its own social video app, Vine, and Toronto-based Keek gets 3.2 billion page views each month. "Social video is more useful than Twitter because you really get to see people's lives," Keek founder and CEO Isaac Raichyk tells Metro. "Our videos are 36 seconds for a reason: you can tell a story about yourself, and still it's short enough that people want to watch." (These vids have a name, too: keeks.)

SCENE

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Just a single baby? Will Beyoncé be touring with bun-two in the oven?

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone! Listen up: The New York Post is citing multiple sources that Beyoncé and her husband Jay-Z are expecting their second child. Their reps are not responding to calls for clarification.

Here's why this is dubious: Beyoncé is in the middle of a giant world tour blockbuster extravaganza; millions and millions are on the line.

The Mrs. Carter Show World Tour ends Aug. 5 in Brooklyn.

People love Beyoncé but people shell out major bucks for tickets to see Beyoncé doing her thing and getting all Sasha Fierce on stage.

Not a pregnant Beyoncé having to sit in a chair while on stage, which is the exact opposite of Sasha Fierce. That is Sasha Convalescence.

But, of course, she could strut through it bump and all as if we haven't figured it out by now, Beyoncé exists to make us all feel terrible about ourselves.

Of pills and pounds: Lohan scared of the scales without meds?

Lindsay Lohan is reportedly not adjusting too well to her new digs at the Betty Ford Center, but she'll be in even bigger trouble if she doesn't stay put, according to Radar Online. Sources say Lohan is threatening to bail on the rehab facility and continue her court-ordered stint elsewhere because doctors there allegedly refused to let her take the prescription drug Adderall. "Lindsay is absolutely freaking out about the prospect of gaining weight now that Adderall has been taken away," a source says. "Lindsay has been able to eat whatever she has wanted and not gain weight for years, and she attributes this to Adderall." But a change of venue is definitely not in the cards, another sources explains. "The judge overseeing Lindsay's case has made it crystal clear that if she defies the agreement, it's jail time," the source says.

Lindsay Lohan ALL PHOTOS GETTY IMAGES

Selena Gomez and Justin Bieber

Scoop her up: Looks like Gomez is back in the game

This is getting difficult to keep track of. Apparently things are off again for on-again, off-again couple Justin Bieber and Selena Gomez — at least according to Gomez. When asked by a DJ at Boston's Kiss 108 during an interview if she's be available should a boy stop her on the street and ask her to grab some ice cream, she replied, "Yep!" She gave another "yep" when the DJ clarified, "You're completely available in every way?" Not only that, but apparently the ice cream approach is a good idea: "By the way, that would be awesome if someone asked if I wanted ice cream because that would be cool," Gomez said.

A reason to revive your cable: Jack is back

Jack Bauer is set to have another pretty terrible day, as Fox's real-time action series 24 will return next year with a limited-run, 12-episode series, 24: Live Another Day, the network announced this week. Series star Kiefer Sutherland will return as anti-terrorism agent Jack Bauer, whom he played for eight seasons until the show wrapped up in 2010. For this new, condensed version, the 12 one-hour episodes will cover another 24-hour period in Bauer's life.

"The response to 24 is unlike anything I have ever experienced as an actor before," says Sutherland.

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Hang loose and get ripped

Fitness. Founder of The People's Bootcamp gave us a sneak peak of his new workout, based on the beach bum lifestyle, called WaveShape

MEREDITH ENGEL
Metro World News

Those surfers you see killin' it on the waves? They weren't born with that ripped bod. All of that paddling and popping up and down in the water "creates that long, lean physique," says celebrity fitness trainer Adam Rosante, the founder of The People's Bootcamp. He created a new workout called WaveShape to help you get the surfer's body of your dreams.

Rosante's workout is based in a framework he dubs "power intervals," which improve endurance. The moves are done over a series of 30 seconds, so you can focus on form, not reps. You can learn the full series (12 moves) when it launches June 1 as a free online community with video at getinwaveshape.com. Rosante gave us a sneak peak at five of the moves that'll get your body in surf shape.

Step 1

Leg Rippers

Stand with feet slightly wider than hip width apart. Interlace your fingers and raise your hands over your right shoulder. Brace your core, open your chest and pull your shoulders down your back. Step out to the left into a side lunge, be sure to push the hips back and keep the left knee behind the toes, as you bring your hands down diagonally across your body to the outside of your left foot. Return to centre, raising the left knee high as you explosively jump off the right foot. Land softly. Repeat on the left side for the full 30 seconds, then switch and perform the move with hands over the left shoulder, stepping out to the right.

Step 2

Agility Jumps

Stand with feet slightly wider than hip width apart. Brace the core as you bend the knees into a low squat, arms extended behind the back for stability. Pause only briefly at the bottom of the movement and explosively jump up and forward over an imaginary line far out in front of you. Land softly, pushing the hips back to absorb the impact, and immediately jump backward to land in the starting position. Repeat the jump, this time turning the body mid-air to land 180 degrees in the opposite direction. Once again, repeat the 180 jump to land softly back at the starting position. That's one rep. Continue repeating.

Step 3

Tap Dogs

Assume a push-up position with wrists directly under shoulders. Tap the left shoulder with right fingertips and return the hand to the floor. Tap the right shoulder with the left fingertips and return the hand to the floor. Perform a pushup. At the top of the motion, brace the core as you extend the right arm and left leg until they are parallel to the floor. Lower the arm and leg. Now extend the left arm and right leg until parallel to the floor. Lower the arm and leg. That's one rep. Repeat.

Step 4

Surfies

Begin in a squat position with your hands on the floor, wrists positioned under your shoulders. Kick your feet back to a plank position. Immediately shoot the feet forward, twisting your torso and lower half so that you land facing left. Stand tall as you open the chest and squeeze the core and glutes. Twist back down to the right to place hands back in the starting position and kick the feet back to the starting position. You should be right where you started at the top of a plank position. Repeat, this time twisting to the right. Continue alternating sides. As you perform the move, you should look like a surfer popping up on a board.

Step 5

High-Lows

Assume a push-up position with wrists directly below the shoulders. Slowly lower the left forearm to the floor, elbow directly below the shoulder, and then the right forearm. Return, one hand at a time, to the top of a push-up position. Continue lowering and raising.

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Best Health

Avoid alcohol with diet pop?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Opting for a diet mixer may cut calories, but a study published recently found it may make you more drunk.

U.S. researchers had male and female participants consume one of three drinks within 10 minutes: vodka and regular citrus pop, vodka and a diet version of the pop, or a placebo drink (regular pop with no alcohol). Afterward, researchers recorded breath-alcohol concentration (BrAC) and were also given a reaction-time test, and reported their feelings of intoxication and willingness to drive.

The results?

Having the diet-pop mixer resulted in an 18 per cent higher BrAC than the regular pop mixer and alcohol. Scores on the reaction-time task were also worse, but the participants weren't aware of differences in impairment.

According to the study's author at Northern Kentucky University, the stomach treats sugar-sweetened beverages similar to food, keeping them in the stomach longer, while alcohol mixed with diet pop speeds through the digestive system faster and enters the bloodstream faster.

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A new way to approach gluten

Gluten could be giving you pain and you might not know it. ISTOCK PHOTOS

Health. Dr. Arthur Agatston, who created the South Beach Diet, thinks that gluten allergies are under-diagnosed

LINDA CLARKE
Metro World News

The gluten-free trend continues to rise, recruiting legions onto the no-wheat bandwagon. But now, it's not just people totally intolerant to gluten who are giving up the protein.

Dr. Arthur Agatston, a cardiologist who authored The South Beach Diet, has followed up with South Beach Diet Gluten Solution. The book isn't just for people diagnosed with gluten intolerance (celiac disease), he says — it's for everyone.

"I think everyone is on the gluten-sensitive spectrum to some degree," says Agatston. "I am convinced it is the most under-diagnosed medical condition of our time."

Think gluten-free

"I think everyone is on the gluten-sensitive spectrum."

Dr. Arthur Agatston
Author of The South Beach Diet Solution

Gluten is a protein found in highest concentration in wheat. Some grains like quinoa or oats have none.

Gluten can damage the small intestine, which is where nutrients from food are absorbed.

"If gluten is not properly digested, it begins to poke holes in the lining and harms the small intestine," says Agatston.

The issue isn't really gluten, he says, but that "it's in everything."

"Our bodies are inundated with it now, creating sensitivity. ... Most of us need to be gluten-aware and restrict ourselves."

Agatston says that lowering gluten intake can improve focus and energy, heal chronic skin conditions and relieve anxiety.

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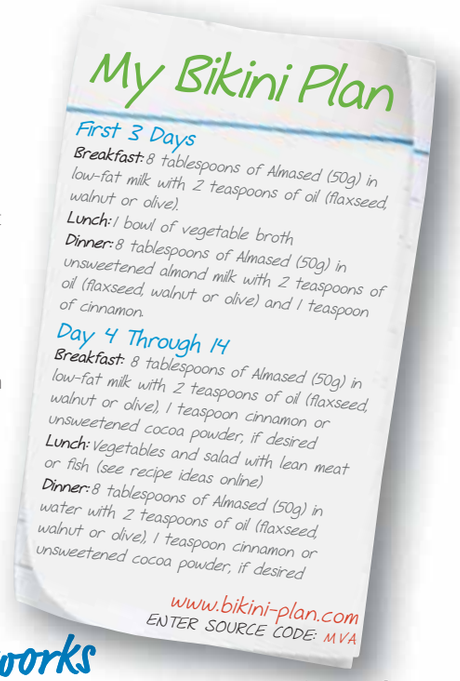
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A beginner's guide to fasting

Diet. We're designed to cope with both feast and famine — then why are we so scared of hunger? A new diet explores the benefits of fasting a couple times a week

ROMINA McGUINNESS
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Mimi Spencer and Dr. Michael Mosley, authors of the best selling book Fast Diet, don't believe in dieting all the time.

Their weight loss technique, based on intermittent fasting (abstaining from food for short periods of time) is simple and flexible: for two, non-consecutive days a week, you will be eating just a quarter of your recommended daily calorie quota.

That's 500 calories for women, 600 calories for men.

"You get to have five days of normal eating, with little thought to calorie control and a slice of pie if that's what you want," Spencer tells Metro.

Why fast?

"There's this idea that if you don't eat three to six meals a day, your blood sugar will crash. But the fact is, we're designed to go for short periods without food. It's good for us. Autophagy is an internal healing process that only occurs when we have no food in our system. So when we're eating all the time, our body is constantly on the go. (It) never gets a chance to do any repair and maintenance," Spencer said.

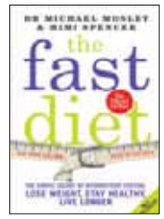
How will fasting help me lose weight?

"Take in fewer calories than you spend, and you're going to lose weight. It's an equation: slash your calorie intake by 75 per cent two days a week and your overall energy deficit will be fairly significant. If you normally eat 2,000 and go down to 500, you're skipping 1,500 calories a day. That's 3,000 calories a week, which translates to just under a pound of fat," Mosley said.

Don't let weight watching get you down. THINKSTOCK

Can I binge eat on the five days I'm not fasting?

"This diet works because you are restricting calories. If you binge, there'll be no calorie deficit over time and you won't lose any weight. On your five days 'off' eat freely, but normally," Mosley said.



Will I not be lacking essential nutrients?

"You can't just have a doughnut. You need satiating protein and plants, which provide bulk. Load up on things like salmon, eggs, radishes, kale, lentils and chickpeas but avoid anything that's going to spike your blood sugar levels and burn quickly, like meringue and white rice. Be careful with fruit. Those with a low glycemic index, such as berries, apples and tangerines, are best. Avoid bananas and pineapples," Spencer said.

The Fast Diet recipes

Men: 600 cal

- **Breakfast 288 calories.** Two poached eggs (180 calories) on a slice of toast (31g, 78 calories); 30 raspberries. (120g, 30 calories)
- **Dinner 304 calories.** Roast salmon (252 calories) with 10 cherry tomatoes (150g, 27 calories). Bake at 200 C for about 15 to 20 minutes. Serve with 112g of green beans (25 calories)

Daily total: 592 calories

Women: 500 cal

- **Breakfast 142 calories.** Half a tub of cottage cheese (78 calories); One sliced pear (100g, 40 calories); One fresh fig (55g, 24 calories)
- **Dinner 341 calories.** Sashimi: 3 to 5 pieces salmon (100g, 180 calories) and tuna (100g, 136 calories) – served with soy sauce, wasabi and ginger; 1 tangerine (70g, 25 calories)

Daily total: 483 calories

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My favourite salads are those combining fruit, an intense cheese and a sweet vinegar dressing — like this one.

Mangoes contain an abundance of beta carotene and ant oxidants, which are thought to prevent disease. You can substitute ripe pears, peaches, strawberries or blueberries (also an antioxidant) for the mango.

Ingredients

- 4 cups torn, mixed salad greens
- 1 Belgian endive, sliced
- 1 small head radicchio, torn
- 1 1/2 cups diced ripe mango
- 1/3 cup light feta cheese, crumbled
- 1/3 cup sliced black olives
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp liquid honey
- 2 tsp sesame oil
- 1 tsp minced fresh garlic

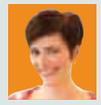
1. Toss greens, endive, radicchio, mango, cheese and olives together in a bowl.

2. Whisk vinegar, olive oil, honey, sesame oil and garlic together in a bowl. Pour over the salad and toss to coat. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Chive jive



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Even before the crocuses and bluebells in my garden, the chives started pushing through the yet to be removed dead leaves of last fall. The great part about chives is that they can be trimmed at this early stage and keep you in oniony snips right through fall.

Chives contain allicin, which can lower cholesterol and blood pressure. They are also high in antioxidants and are believed to be anti-fungal. With all that going for them, it is a shame we only sprinkle a little on a baked potato once in a while.

Try this:

- In a blender, blend one cup of extra virgin olive oil, half a cup chopped chives, juice of half a lemon, pinch of salt and a teaspoon of honey. Use as a drizzle for grilled fish or chicken.
- Mince chives and add to pancake batter to create a savoury side dish.
- Add to scrambled eggs.
- Blend into softened butter and freeze in teaspoonfuls, top a sizzling steak with a dollop.
- Chop and freeze in ice cube trays to add to dips, dishes and dressings.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Quinoa, Spinach and Shiitake Salad

Ingredients

- 2 cups (500 ml) chicken broth
- 1 pkg (225 g) PC Organics Roasted Garlic and Fine Herbs Quinoa
- 2 tbsp (25 ml) olive oil
- 1/2 cup (125 ml) thinly sliced shallots
- 1/2 cup (125 ml) finely chopped sweet red pepper
- 6 oz (180 g) shiitake mushrooms, stems discarded and caps thinly sliced
- 3 tbsp (45 ml) red wine vinegar
- 1 pkg (142 g) baby spinach
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (50 ml) crumbled feta cheese

1. In saucepan, bring chicken broth to a boil. Stir in quinoa and contents of seasoning pouch. Reduce heat to low, cover and simmer 15 minutes or until tender. Remove from heat; let stand, covered, for 5 minutes. Fluff with a fork.

2. In frying pan, heat oil over medium heat; cook shallots and red pepper 6 minutes, stirring occasionally, or until lightly golden and softened. Stir in mushrooms; cook, stirring occasionally, for 6 to 8 minutes or until mushrooms have released their juices and are starting to turn golden. Add vinegar; cook, stirring to bring up browned bits, for 1 minute. Stir in spinach; cook, stirring, for 2 minutes or just until wilted. Stir in salt and pepper. Remove from heat.

3. In large bowl, toss quinoa with warm spinach mixture. Serve sprinkled with feta. **NEWS CANADA/ PC.CA**

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Two perspectives of a major milestone: high school graduation

Cap and gown. A mother and daughter share their thoughts ahead of the big day

THERESA ALBERT
AND JAMESON RATCHFORD
life@metronews.ca

Mom says:
It's the anticipation of the emptiness that is the worst. Will the whole day fall apart when she is isn't home for dinner?

For 18 years the structure of our home and our lives has revolved around her. From night feeding to after school programs and daycare and, later, to dance class and dates. Whether she knew it or not, our entire process ebbed and flowed with what she needed. The communication between mom and dad needed to happen for her benefit. Now that it is just two capable adults, who will be home for dinner? Who will make it? Who will care?

Suddenly the music blaring from the bathroom during her morning shower doesn't annoy me at all. So what if I can't think enough to work? I stop and realize that this joyful noise will soon be silence.

Her backpack, boots, dishes, books, scarves and dance clothes clutter my hallway. I bend to pick them up lovingly now, not resentfully.

I can pass by her room and look at the teen mess and smell the waft of one too many hair, face and body products and not feel like gagging. I choke back the tears instead. I go in and breathe deeply.

Time won't stop barrelling down on us but I can stop the moment from flying away by appreciating it for all its beauty.

What saves me from crying is the knowledge that she isn't really going anywhere.

She is growing her life and she will bring it back home twofold. New friends and their noise, dirty plates and laughter will join. New books and ideas will inspire as they are being learned by her. She may meet her life partner and the group will grow, not shrink. That is all that has ever been asked of her — keep growing. The day to day may change, but the big picture remains the same.

Jameson Ratchford, left, with mom Theresa Albert. PROVIDED PHOTO

Daughter says:
For a while, I was thinking about graduation as just a day, a few hours before the rest of my life.

Until recently, when I realized that graduation and its status as a rite of passage has lost its grandeur. Graduation is a full stage in our lives because the series of events that lead up to it and the events that follow can define us.

To our cohorts we can be known for the post secondary school we have chosen to attend after the comfortable confines of our high school. To our neighbours who watched us grow and who trust us with their kids on date night, we can become known as a teen who speeds up the street in their parent's minivan or the kid who shovels every day for those who can't in the winter, or both. To our closest friends, nothing really changes apart from the sudden onslaught of a sense of "never enough time."

Most importantly, to our parents, we are no longer the loud morning shower music, the stray socks and boots in the hall to trip over or the slamming doors. We become "remember whens," pickers on a money orchard and fleeting moments.

The cap and gown fever may only last a few hours but our memories of this time simply can't be forgotten.

THERESA ALBERT IS A REGULAR CONTRIBUTOR TO METRO AND HER DAUGHTER, JAMESON RATCHFORD, HAS CHOSEN GUELPH UNIVERSITY TO ATTEND IN THE FALL. SNIFF/YAY!

Stock markets

It could be a hot stock summer... or not

YOUR
MONEY
Alison Griffiths
money@metronews.ca

It's May, so is it time to sell and go away until St. Leger Day? That's the old stock market saying. St. Leger Day, by the way, was the last British horse racing event of the season in mid-September. Presumably, stock market traders then got back to work after betting on the ponies all summer.

On average, late spring to Halloween contains the two worst months for the stock market, September and October and the most volatile month, May.

Market timers often try to get ahead of this trend by selling out in May and getting back in before the stronger markets of November to April.

This is especially true after stocks have soared, as they have done since the sag of November 2012.

The Dow Jones and the S&P 500 have hit record highs. The Canadian market, now under 13,000, is well off its 2008 high of 15,073, but it has started to find its legs.

These numbers make investors nervous that the end is nigh. Previous busts such as the financial collapse of 2008 underscore the fact that good times don't last forever.

The trouble is, we investors tend to be lousy when it comes to market timing, seasonal or otherwise. Who knows if this will be a summer from hell? But there is one way to protect yourself should it come to pass.

Look at your investment statement (or ask your advisor) to determine what percentage you have in equities. It has likely risen significantly over the past couple of years.

That means it's time to prune equity investments or devote new money (RRSP contributions, for example) to fixed income. The latter is much easier to do than the former.

We humans hate to sell something that is going up.

However, if you want 50 per cent in equities for your RRSP and it is now sitting at 70 per cent or more, you are exposing yourself to risk.

Remember, stock market declines usually happen too quickly for regular investing folk to react. So be proactive, even if it means missing out on a hot stock summer.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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Whitecaps bringing swagger to Montreal

Amway Canadian Championship. Coming off a win over Galaxy, Vancouver looks to stun Impact on the road

CAM TUCKER
cam.tucker@metronews.ca

Joe Cannon stood there at Vancouver International Airport on Monday morning, playing the role of stand-up comedian.

Joking with reporters, and trying to make a teammate laugh while they were in the midst of an interview — that's the sort of innocent tomfoolery you usually don't see when a team is mired in a regular-season winless streak stretching a little more than two full months.

Cannon's humorous antics were an indication the mood around the team has changed considerably in the past two days.

The Whitecaps, without a win in seven Major League Soccer regular-season matches prior to the weekend, are coming off a brilliant second-half outburst that led to a 3-1 victory over the L.A. Galaxy on Saturday at BC Place Stadium.

Players were in good spirits as they arrived at the airport for the flight to Montreal, where the Whitecaps will take on the Impact in the first leg of the Amway Canadian Championship final on Wednesday.

"I feel we were a little bit on edge, emotionally, I'd guess you'd say," said Cannon, the Whitecaps' 38-year-old goalkeeper.

"I think for us, hopefully now we realize that we can play, we're a good team and we can take that confidence into Montreal, because it's going to be a hostile place to play."

Whitecaps goalkeeper Joe Cannon kicks the ball upfield against Toronto FC at BC Place on March 2. GETTY IMAGES FILE

Additions and subtractions

The Whitecaps departed for Montreal on Monday minus midfielder Daigo Kobayashi and striker Camilo Sanvezzo, who did not make the trip.

- Kobayashi suffered a sprained left ankle in Saturday's win over the L.A. Galaxy. Sanvezzo will remain in Vancouver in order to rest, which was a decision made by head coach Martin Rennie.
- Rookie striker Erik Hurtado and veteran midfielder Matt Watson made the trip.

At stake is the Voyageurs Cup and entry into the CONCACAF Champions League.

"It's something that we all want to do. But it's all right talking about it, we need to perform and get the right results," said Whitecaps' centre back Andy O'Brien.

In regular-season play this year, the Vancouver side has yet to win away from BC Place.

The Impact, with a 6-2-2 record, is coming off a 6-0 blowout win over Toronto FC in the final match of that Canadian championship semifinal at Stade Saputo in Montreal back on May 1.

"I think they've started the season almost the way we did last season," said head coach Martin Rennie.

"I think they may be a couple of points ahead of where we were at this point last season and at the end of the day that didn't help us win the Canadian Cup."

WHL

Music mogul Allen to join Giants ownership

The Vancouver Giants have added another member to their ownership group.

The team will formally introduce Bruce Allen as a part owner at a press conference in downtown Vancouver Tuesday morning.

The Giants will also introduce their first three picks from this year's Bantam Draft, including first overall selection Tyler Benson of Edmonton.

Allen has deep roots in the local music scene dating back to the mid-1960s, as well as on an international basis at the management level. One of his clients, Michael Bublé, the award-winning musician from Burnaby, also has a stake in the Giants as a part owner. METRO

NHL playoffs

Miraculous comeback vaults Bruins over Leafs

Patrice Bergeron scored at 6:05 of overtime to complete a miraculous Boston comeback as the Bruins rallied to oust the Toronto Maple Leafs from the playoffs with a nail-biting 5-4 victory in Game 7 Monday night.

Two late goals in a span of 31 seconds by Boston's Milan Lucic and Bergeron, with goalie Tuukka Rask off for the extra attacker, shockingly tied the game up at 4-4.

The Bruins will face the Rangers in the second round after New York shut out the Washington Capitals 5-0 in another Game 7 Monday. THE ASSOCIATED PRESS

Ryder Hesjedal completes the ninth stage of the Giro d'Italia Sunday. He is three minutes off the lead in 11th place. GIAN MATTIA D'ALBERTA/THE ASSOCIATED PRESS

Hesjedal confident he can make up for precious lost time

Canadian cyclist Ryder Hesjedal feels he can get back into contention at the Giro d'Italia despite losing precious seconds after one of his most challenging days at the three-week race.

The defending champion said he had no choice but to concede time at one point during the wet and hilly ninth stage from San Sepolcro to Florence on Sunday. Hesjedal, now over three minutes off the lead in 11th place overall, remains confident he can make up some time and rejoin the front-runners.

"You have to believe it," Hesjedal said Monday from Cordenons, Italy. "You can't decide that it's too much because then you're out of the race already. If you look at what's happened in the race so far, anything can happen. There are so many variables on the road, things can change completely in one moment.

"So by no means does being three minutes down right now make you throw the towel in."

The Garmin Sharp rider from Victoria is chasing overall leader Vincenzo Nibali of Italy, who has a 29-second lead on Australia's Cadel Evans. Robert Gesink of the Netherlands is 1:15 back in third and Bradley Wiggins of Britain is 1:16 off the pace in fourth. THE CANADIAN PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Someone is trying to get one over on you and you have every right to be annoyed, but is it worth it? There is no way they are going to succeed at cheating you so ignore them.

♉ Taurus
April 21 - May 21
There is no point blaming yourself because a project went wrong. There were so many people involved and so many factors at work that no one person was truly to blame.

♊ Gemini
May 22 - June 21
You need to pace yourself carefully now because the planets warn you are not as robust health-wise as you seem to believe. Even a go-getting Gemini needs a bit of down time occasionally.

♋ Cancer
June 22 - July 23
Whatever your highest ideal happens to be, that is what you should now be aiming for. Of course, you won't reach your goal immediately but you'll be heading in the right direction – and that's what matters.

♌ Leo
July 24 - Aug. 23
You are finding it hard to focus on one specific thing — your mind is all over the place. That's OK. There is no point trying to force your thoughts in directions they clearly don't want to go. Take the hint.

♍ Virgo
Aug. 24 - Sept. 23
If a particular method works for you then stick with it. Others may say it's old-fashioned, but so what? The more critical they are, the more you suspect it's the right choice.

♎ Libra
Sept. 24 - Oct. 23
Let your imagination roam wherever it pleases today, even if it takes you to places you may have been deliberately avoiding in recent weeks. As is so often the case, what you fear the most is unlikely to happen.

♏ Scorpio
Oct. 24 - Nov. 22
You may end up spending a large chunk of the day dealing with someone else's problem but don't think of it as time wasted. What you do for them now will be done for you later.

♐ Sagittarius
Nov. 23 - Dec. 21
Some things can be done on the spur of the moment and some things can be left until the very last minute but what you do today will require a bit more planning. Others won't do it for you, so get on with it.

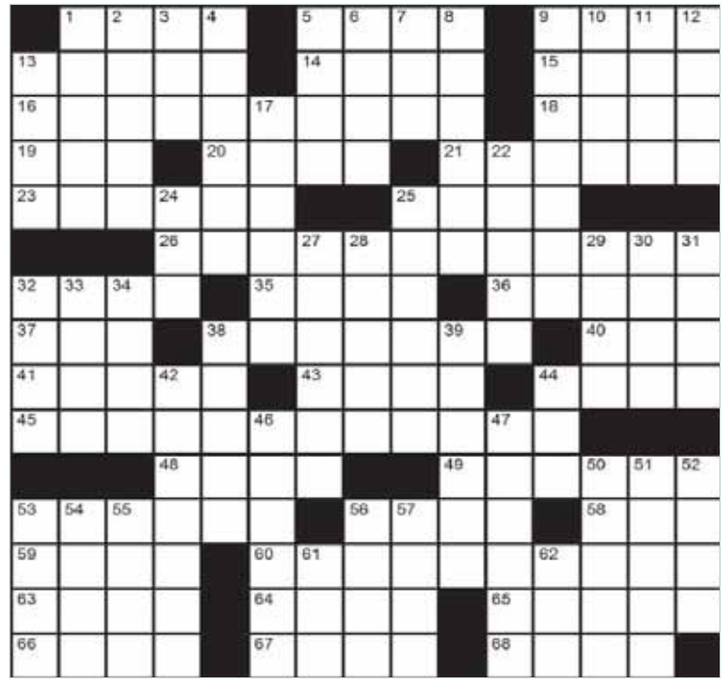
♑ Capricorn
Dec. 22 - Jan. 20
You know from experience there is no point shouting or making threats. If you want something done today, you will have to do it yourself or offer something valuable in return. So, do it yourself then.

♒ Aquarius
Jan. 21 - Feb. 19
Listen carefully to what a friend tells you today, even if you have heard it many times before. They may just have the key to a problem that has been annoying you for some time.

♓ Pisces
Feb. 20 - March 20
It's not wrong to be suspicious but it is wrong to take it to unreasonable levels. Rest assured that what you hear today is in no way designed to deceive you. SALLY BROMPTON

Crossword: Canada Across and Down

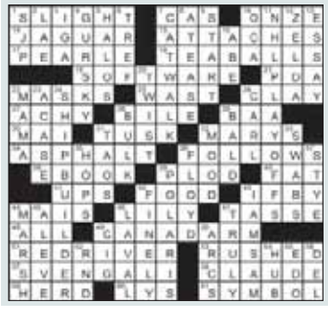
BY KELLY ANN BUCHANAN



Across
1. Swedish auto
5. "The World According to __" (1982)
9. Mr. Nova (Canadian singer/guitarist)
13. Hubba __ (Gum)
14. Duo plus one
15. "The Ghost & Mrs. __" (Old sitcom)
16. Valley of the Kings discoveries in Egypt: 2 wds.
18. Drug deal buster, for short
19. Pre-lunch hrs.
20. Occupied
21. Magnifying glass user
23. '70s night spots
25. Parisian positives
26. Arrest proof from a police car: 3 wds.
32. WWW code
35. Norse navigator Mr. Ericsson
36. Locomotive tracks
37. Hawaii's __ Beach
38. Poet of the Yukon, Robert __
40. Rich dollar amt.
41. Lisa of "The Cosby Show"
43. Fermented soybean paste
44. ____ other (Without equals)
45. Winnipeg-born songwriter/singer/guitarist: 2 wds.
48. Actress, Lena __
49. '70s sitcom family, The __
53. Locales
56. Achievement
58. "Sheila": 1962 hit for Tommy __
59. "__-__-Di..." (Beatles song title bit)
60. What a doctor provides: 2 wds.
63. Eye droplet
64. City of Russia
65. Recommended strongly
66. Inputted info [abbr.]
67. Places
68. "Friends" friend

Down
1. Finland, as Finns call it
2. Bottomless pit
3. Camel hair garment
4. Movie boxer Rocky's surname
5. Vintage muscle cars
6. Canadian __ (Military force)
7. One bone
8. Play __ (Feign death or sleep)
9. Memory loss
10. Lei-wearer's party
11. David Spade's "Joe __"
12. Philharmonic gr.
13. Mr. Pitt
17. Fight
22. Book, in a Quebec library
24. Gladiator's 450
25. Klutzy
27. Lily Munster's beloved
28. __ centre
29. Softens the lights
30. Tiger Woods' ex-wife
31. Nobel Peace Prize city
32. Official lang. of Israel
33. ___ day (Train-catching frequency, often)
34. British Invasion group, Manfred __
38. Fashion sense
39. __ boots
42. L'île-du-Prince-__ (PEI)
44. NHL's Ducks, on scoreboards
46. Billy __ (Canadian flying ace of WWI)
47. Medieval king of legend
50. Burdens
51. Past times
52. Plant's beginning
53. X-mark a ballot
54. Mr. Scrooge, to pals
55. _. __. (Line above the equator)
56. Quick
57. Banff National Park animals
61. Land Down Under bird
62. Olympics abbr. for Zagreb's land

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		4	2		7		8	
1		2	3	8		9		
	5						3	6
4			7		2		6	8
	7			5			1	
6	2		4		3			9
2	8						9	
		9		7	6	8		4
	4		8		9	6		

Yesterday's Sudoku

5	6	7	4	9	1	2	3	8
4	2	8	3	5	6	7	1	9
3	9	1	8	2	7	6	4	5
8	5	9	1	3	2	4	7	6
2	7	4	5	6	8	1	9	3
6	1	3	9	7	4	5	8	2
1	8	6	2	4	9	3	5	7
9	3	2	7	1	5	8	6	4
7	4	5	6	8	3	9	2	1

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15°/9°
Variable

Wednesday
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